



COUNTYWIDE FITNESS CHALLENGE 2014



JOIN US FOR THESE FUN FAMILY EVENTS

WALK IT OFF!

5K fitness walk, exercise sessions, and biometric screenings.

Saturday, May 17, 2014

8:00 a.m. – Noon

Whittier Narrows Recreation Area

751 South Santa Anita Avenue
South El Monte 91733

MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

Saturday, June 14, 2014

8:00 a.m. – Noon

Castaic Lake State Recreation Area

Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic 91384

STOP & SMELL THE FLOWERS!

Farmers' market, scavenger hunt, and power walks.

Saturday, July 12, 2014

8:00 a.m. – Noon

Cerritos Farmers' Market

18074 Park Plaza Drive
Cerritos 90703

STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament

Saturday, July 26, 2014

8:00 a.m. – Noon

Wilson Park Farmers' Market

2200 Crenshaw Boulevard
Torrance 90501

GET CULTURED!

Dance Mania, Wellness Center and 2-mile hikes through the hills.

Saturday, August 9, 2014

9:00 a.m. – 1:00 p.m.

Hollywood Bowl

2301 North Highland Avenue
Los Angeles 90068

CHILL OUT!

Power walks, yoga, and healthy cooking demonstrations.

Saturday, August 23, 2014

8:00 a.m. – Noon

Dockweiler Youth Center

12505 Vista del Mar
El Segundo 90245

BE ONE WITH NATURE!

Softball playoff, power walks, circuit training, exercise sessions, and nature walks.

Saturday, September 6, 2014

8:00 a.m. – Noon

Alondra Community Regional Park

3353 Redondo Beach Blvd.
Lawndale, 90260
(enter at Yukon Ave.)

TAKE A HIKE!

A day of family fun with fitness hikes, nature walks, and meet some wild animals.

Saturday, September 20, 2014

7:30 a.m. – Noon

Placerita Canyon Nature Center

19152 Placerita Canyon Rd.
Newhall, 91321

PLAY FOR LIFE!

A day of family fun featuring a "triathlon"—fitness walk, bicycle fun ride, and pedalboat rally.

Saturday, October 18, 2014

8:00 a.m. – Noon

Santa Fe Dam Recreation Area

15501 Arrow Highway
Irwindale 91706

RSVP to secure your giveaways at <http://dhr.lacounty.info>

